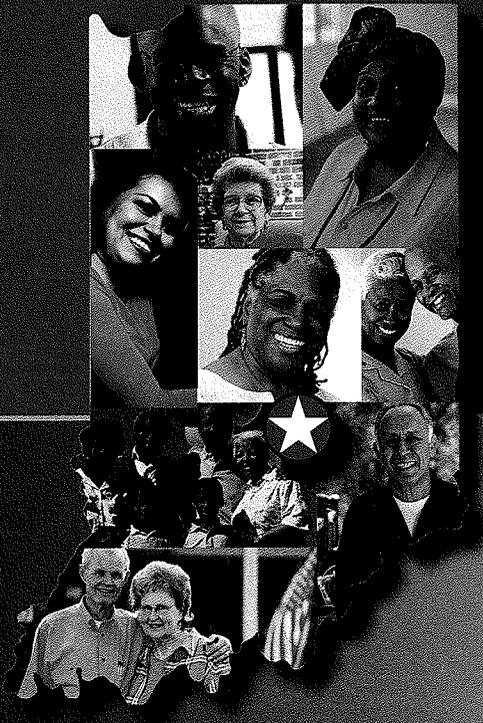




Too Sweet FOR YOUR OWN GOOD

ASK THE EXPERTS: A PATIENT EDUCATION CONFERENCE



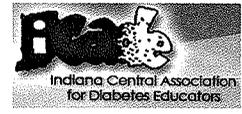
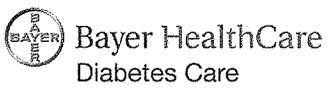
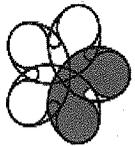
NOVEMBER 21, 2009 FAIRBANKS HALL 7:30 AM - 2:00 PM

Indiana Diabetes Coalition
National Kidney Foundation
of Indiana
911 East 86th Street, Suite 100
Indianapolis, IN 46240-1840

PRESORTED
FIRST CLASS
U.S. POSTAGE PAID
INDIANAPOLIS, IN
PERMIT NO. 629

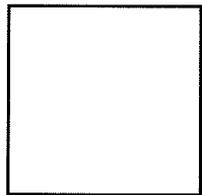
Community Partners

The Indiana Diabetes Coalition is comprised of community-based nonprofit, medical, educational and public entities, which makes it exceptionally qualified to address this important initiative. The following are organizational partners in this collaborative effort:



LAURA HEINRICH
IN STATE DEPT. OF HEALTH, DIABETES PROGRAM
2 N MERIDIAN ST
INDIANAPOLIS, IN 46204-3021

"Too Sweet for Your Own Good"
National Kidney Foundation
of Indiana
911 East 86th Street, Suite 100
Indianapolis, IN 46240-1840



This conference has been developed to provide information to help you manage your diabetes and increase your chances for a healthier life.

Diabetes Control

Take control of your diabetes. Keeping blood sugar levels as close to normal as possible is beneficial. Lowering blood sugar can greatly reduce the risk of diabetes complications:

- Eye disease and blindness
- Kidney failure
- Nerve disease & amputation
- Heart (artery) disease & stroke
- Mental decline (cognitive impairment)

Your long-term health will depend on how well you manage your diabetes. All people with diabetes need to learn self-management strategies to maintain the highest quality of life possible.

- Nutrition
- Activity
- Medications
- Monitoring for management
- Foot Care
- Oral Health
- Knowing your numbers

Agenda

- 7:30 a.m. - 8:15 a.m. Registration / Continental Breakfast / Vendors
- 8:15 a.m. - 8:30 a.m. Welcome / Introduction of Special Guests
- 8:30 a.m. - 9:20 a.m. Dr. Ernest Asamoah, MD - Avoiding Complications
- 9:20 a.m. - 10:10 a.m. Introduction of Ask the Experts presented by the American Diabetes Association

Marc House, DPM (Podiatrist)
 Michael Kraus, MD (Nephrologist)
 Daniel Purvis, DDS (Dentist)
 Phelgar Washington, MD (Ophthalmologist)
 Kristal Williams, PharmD, CDE (Pharmacist)

10:10 a.m. - 10:40 a.m. Break / Exhibits Open

10:40 a.m. - 12:00 p.m. Ask the Experts Questions and Answers

12:00 p.m. - 12:45 p.m. Box Lunch / Holiday Dining - Gayle Kegg, RD, CDE

12:45 p.m. - 2:00 p.m. Informal Education

Sessions and Screenings

- Blood Pressure
- Cholesterol
- Foot Screening
- Talk with a Certified Diabetes Educator (CDE)

Sign up for Additional Education

- Diabetes Education
- Kidney Screening
- Podiatry Appointment
- Diabetes Service Assistance Programs

Directions

Fairbanks Hall is located at 340 West 10th Street, Indianapolis 46202. The building is between 10th & 11th street off Senate. **Parking is free in adjacent lot.** For bus routes contact IndyGo by telephone at 635-3344 or www.indygo.net

Confirmation Information

You should receive a confirmation from the National Kidney Foundation of Indiana within 10 days of our receipt of your registration form. If you do not receive a confirmation, please call 1-800-382-9971.

Conference is free but pre-registration is required. Register early, as seating is limited. Registration must be received by November 6.

What do you want to Ask the Experts? Please bring your questions with you to the conference. Write questions and save with your brochure.

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Registration Form

Each person registering for the conference will need a form (copy forms as needed).

Please complete all requested information. Forms with multiple names will not be accepted.

Registration must be received by FRIDAY, NOVEMBER 6, 2009.

This free conference will include continental breakfast, box lunch and conference materials.

Name: _____

Address: _____

City: _____

State: _____ ZIP Code: _____

Telephone Number: _____

E-Mail: _____

Is this your first time attending this conference please check yes no

Special Accommodations or Dietary Needs:

Forms should be mailed to:
 The Too Sweet for Your Own Good
 Managing Diabetes Conference
 National Kidney Foundation of Indiana
 911 East 86th Street, Suite 100
 Indianapolis, IN 46240-1840
 1-800-382-9971